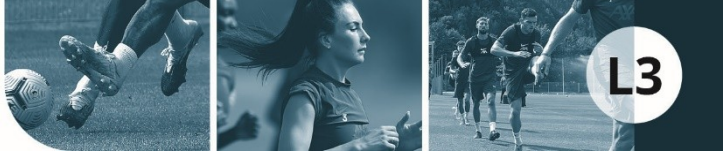
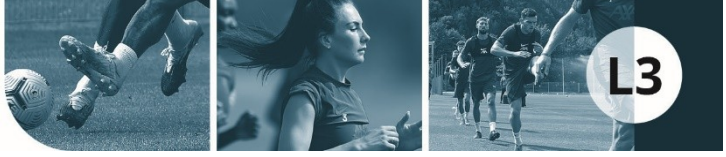


BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**27: Sports Psychology**
Learning aim	C: Plan a psychological skills training programme to enhance sports performance
Assignment title	Psychological skills training programme
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been volunteering as a coach at a local football club. The club coach has asked you to work with one of the players to see if you can help to improve his football performance. The club coach has asked you to produce a psychological skills training programme for the football player.
Task 1	Psychological skills training programme For this task you must produce a psychological skills training programme. Firstly, you need to assess the players strengths and weaknesses, you need to Identify the psychological demands of their sport and carry out performance profiling. Then you will need to produce a plan which considers the players current situation, aims and objectives. You need to identify the psychological skills which you believe will help the player reduce any weaknesses and maintain their strengths with the overall aim of improving their sports performance. Finally, you need to make justifications about your design of the psychological skills training programme and make suggestions for improvement. **A summary of the suggested content for each section follows:** **Section 1: Assessment** • Psychological strengths and weaknesses of the individual • Identifying psychological demands of sports • Performance profiling **Section 2: Plan** • Current situation. • Aims and objectives. • Action plan to address aims and objectives. • Daily and weekly content of the plan. **Section 3: Psychological skills**

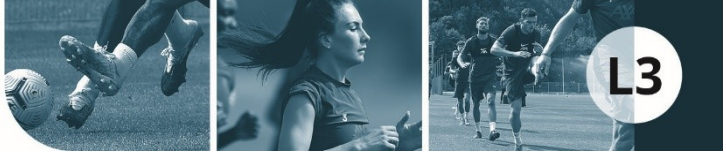
Pearson | BTEC



	• Motivation (goal-setting and performance profiling) • Arousal control (progressive muscular relaxation, mind to muscle relaxation, autogenic techniques, breathing control, psyching up techniques) • Imagery (mental rehearsal, controlling emotions, concentration, relaxation, pre-performance routines) • Confidence building (self-talk, positive thinking, changing self-image through imagery)
Checklist of evidence required	A psychological skills training programme which includes a justification for the design of the programme for a selected sports performer, making suggestions for improvement. • Assessment • Plan • Psychological skills

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria you must show that you are able to:
C.P6	Explain the current psychological skills of a selected sports performer.
C.P7	Plan a psychological skills training programme to enhance performance for a selected sports performer
C.M4	Assess the design of the psychological skills training programme for a selected sports performer, identifying strengths and areas for improvement.
C.D3	Justify the design of the psychological skills training programme for a selected sports performer, making suggestions for improvement.

Sources of information to support you with this Assignment	**Textbooks** Adams, M. et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2016) ISBN 9781292134000 Gledhill, A. and Forsdyke, D. (2015) The challenge of youth: Psychological responses to sports injury and rehabilitation. sportEx Medicine, 61. 8-12. Weinberg, A.S. and Gould, D. (2014) Foundations of Sport and Exercise Psychology, 6th edition, Champaign, IL: Human Kinetics. **Journals** Applied Sport Psychology International Journal of Sports Science and Coaching Journal of Applied Sport Psychology **Websites** Athletic insight: The online Journal of Sport Psychology www.athleticinsight.com British Association of Sport and Exercise Sciences www.bases.org.uk Mind Tools



	www.mindtools.com
Other assessment materials attached to this Assignment Brief	